

# GET INVOLVED, GET SAFE

## Prevent Elder Abuse

### A Caregiver's Guide



**Elder abuse can happen to anyone and is more common than you think.**

It happens when an older adult is harmed on purpose or is neglected.

The abuser can be a family member, friend, or caregiver. Abusers can also be strangers who get in touch with older adults by phone, email, mail, social media, or the internet.

**Elder abuse often happens in private. You are the eyes and ears into a potentially abusive situation and your help is critical.**

#### SUPPORT OLDER ADULTS WHO MAY BE EXPERIENCING ABUSE

##### LEARN

Learn the warning signs of different types of elder abuse so you know what to look for.

##### LISTEN

Keep a neutral reaction when you learn someone may be experiencing abuse. Focus on the older person's safety and wellbeing.

##### RESPECT

Acknowledge how the person is feeling. Let them know that you believe them and that the abuse is not their fault.

##### SUPPORT

Remind the person that help and support is available. Consider helping them create a safety plan.

#### TYPES OF ELDER ABUSE

**Physical:** Use of force to threaten or physically injure an older person

**Emotional:** Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress to an older person

**Sexual:** Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent

**Financial:** Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property

**Neglect:** Failure or refusal to provide for an older person's safety, physical, or emotional needs



# Caregiver Support

## FIND HELP



Providing care is important and meaningful work, but it can be challenging. Here are resources to help you take care of yourself:

### **Family Caregiver Alliance and Support Groups**

Improving the quality of the life for family caregivers and the people who receive their care.

### **Eldercare Locator or Helpline 1-800-677-1116**

Connecting people to services for older adults and their families.

### **Compassion Fatigue Awareness Project**

Offering resources for caregivers working in many professions to manage compassion fatigue.

## REPORT ABUSE



Help an older adult report abuse to adult protective services, or you can call yourself. You do not have to give your name.

If this is urgent,  
**call 9-1-1**

### **Eldercare Locator**

To report elder abuse, find your local adult protective services by calling **1-800-677-1116**

### **National Elder Fraud Hotline**

To report financial fraud, call **1-833-FRAUD-11**

### **National Center for Disaster Fraud Hotline**

To report COVID-19 fraud, call **1-866-720-5721**



Visit the Elder Justice Website  
[elderjustice.gov](http://elderjustice.gov)

DEPARTMENT OF JUSTICE  
**ElderJustice**  
INITIATIVE

